



# Understanding Your Functional Capacity Evaluation

## *Answers to commonly asked questions about functional capacity evaluations*

### Why has an evaluation been scheduled for me?

As part of your workers' compensation insurance claim, your attending health-care provider, vocational provider, or claim manager has asked for an evaluation of your physical capacities.

This evaluation may be needed for any of the following reasons:

- To better plan for your return to work.
- To guide recommendations about the type or length of treatment you need to recover and return to work.
- To evaluate your ability to perform work activities.

### Who will do the evaluation?

The Department of Labor & Industries has chosen an experienced, licensed physical or occupational therapist to do your evaluation.

### What will happen at the evaluation?

The therapist will:

- Interview you about your activities.
- Ask you to sit, stand, walk, use your hands and arms, and handle weight.
- Explain each activity and give you a chance to ask questions.

Evaluations typically last 3–6 hours. This can vary, so contact the clinic for more details.

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*Upon request, foreign language support and formats for persons with disabilities are available. Call 1-800-547-8367. TDD users, call 360-902-5797. L&I is an equal opportunity employer.*

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### What is expected of me?

#### Before the appointment

Let the clinic know if you:

- Need to re-schedule. If you fail to attend without contacting the clinic, they may charge you a no-show fee.
- Need an interpreter, so they can arrange an L&I-approved interpreter.
- Had a recent surgery, severe illness, or other medical condition that would limit your participation.
- Need special arrangements so that you can participate.

#### Day of the appointment

- Wear loose clothing such as sweats and supportive shoes like athletic shoes or work boots.
- Take your normal prescribed medication.
- Follow the instructions of the therapist.
- Follow any additional instructions from the clinic.

### May I bring a friend or relative?

Contact the clinic for their policy about friends and relatives. However, you may not bring children to the evaluation.

### What if I have travel expenses?

Complete the attached *Travel Reimbursement Request* form and send it to your claim manager.

### Questions?

Contact your claim manager.